

# MORTON

COMMUNITY CENTER

COMMUNITY. FAMILY. FUN.

**Come see what's inside!**

**Free Demonstrations! Free Classes!**

**Open House**  
**Saturday, Sept. 12**  
**1-3 p.m.**



**222 North Chauncey**  
**West Lafayette**  
**765-775-5120**

## ***Just a sampling of classes available at Morton!***

### **Multipurpose Room**

*Belly Dance* Demonstration and Mini-Lesson 2:00-2:30 pm  
with Mary Kat Lebo and Troupe Oasis

### **Room 101**

*Tai Chi* Demonstration & Mini-Lesson 2:00-3:00 pm  
with Mary Campbell—repeats every 15 minutes

### **Room 106**

*Gourd Art* Display 1:00-3:00 pm  
Display of decorated gourds  
Come discuss classes given by Deborah Remsburg

### **Room 108**

*Aroma Relaxation* Exercises with Zimfira Madan 1:00-3:00 pm  
Breathing exercises, free dancing with classical music,  
face reflexology

### **Room 111**

*Drawing* with Bette Goodrich - Learn How To 1:00-3:00 pm  
Draw an Orca or an Eagle—Drop in Anytime!

### **Room 200**

*Yoga Open House* with Morton's Yoga Instructors 1:00-3:00 pm  
Drop in & talk with our instructors, try a restorative pose

### **Room 202**

*Art Display and Children's Activity* 1:00-3:00 pm  
with Gabriela Sincich

### **Room 205**

*Decorative Painting* Demonstrations with 1:00-1:15 pm  
Candace Larson—Come see how easy it is to paint  
Flowers with simple brush strokes

### **Room 206**

*Awareness Thru Movement ® for Wellness &* 2:00-2:30 pm  
*Stress Reduction* mini-lesson with Carla Rock  
Come try this chair sitting ATM® mini lesson

### **Room 208**

*Dao Yin Yang Sheng Gong* Demonstrations 1:00-1:40 pm  
Come and try the ancient martial art of Tai Ji Gong II,  
Sword, and Ba Duan Jin  
*Shotokan Karate* Demonstrations with Marc Rogers 1:40-2:00 pm  
Kata and Embu Demonstration

***Register for your favorite class!  
Morton Office is now open!***

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